

Hillcrest Community
Center (HCC)
1907 Hillcrest Dr.
Columbia, MO 65201
573-874-7475
www.GoColumbiaMo.com

Recreation Staff at
Hillcrest Community
Center (HCC):

Superintendent-

Karen Chandler

Specialist-

Courtney Deters

Cassie Dins

Debbie Reschly

Office-

Jill Overton

Jennifer Meeks

Music-

Cookie Hagan

Julie Vaughn

Driver-

Karen Al Thawwad

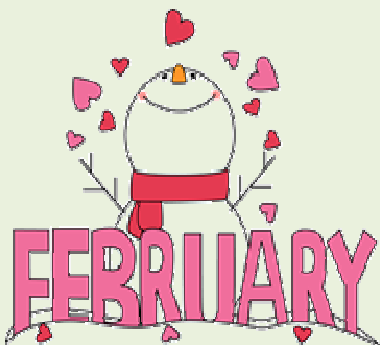
Osher Lifelong Learning-

Kristin Millikan

Sarah Ginter-Novinger

Nicki Eater-Sprague

Walker Perkins



Columbia Parks & Recreation

50+ Programs

Office Hours: 8:30am - 4:30pm Mon-Fri

February 2016

Join us for a variety of programs, activities, music, dances, crafts, and more for those ages 50 and better. We hope you can attend the activities and don't forget to bring a friend!

50+ Explorers-February 17th

Take a tour of the Historic Tiger Hotel downtown Columbia

Enjoy lunch at the Velvet Cupcake Café afterwards.

\$5 plus lunch – (Menu available to view at front desk)

Leave Hillcrest 9:45AM/Return 1PM

Pay the \$5 and register at the front desk if you would like to attend.

Max. 14

Parks and Recreation Memberships

Payment can be made in person at the front desk or by mail with check payable to Columbia Parks and Rec.

(Membership fee includes activities unless otherwise noted)

\$25/Person Parks & Recreation Membership- Includes 50+Tours, 50+ Programs at Hillcrest Facility-Music groups (ukulele, bells, choir), Bingo, Potlucks, Painting groups, games, dances, Mah Jongg groups, Explorers trips, Karaoke, Adult Coloring groups, Spanish club, Travel club, and more.

OR

\$40/Person Parks & Rec/Osher @ Mizzou Combo includes all of the above plus Brown Bag seminars, This Week @ Osher weekly email of upcoming events, and Osher Saturday Morning Book Talks

NEW!

BOOST YOUR ACTIVITY WITH TREKKING POLES

Mon/Wed/Fri, March 28-April 1 (10:30-11:30am)

\$26

Are you less than confident about your balance? Does back pain or poor posture limit your walking ability? Come and see if the use of trekking poles might help you be more active! Participants should be able to walk at least 100 feet independently, with or without the use of a cane or walker. Pre-registration required. Call Parks & Recreation at [\(573\) 874-7460](tel:5738747460) to register.

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Special Needs: For accommodations needed due to a disability, please call at least 2 days in advance.

Please Note: The Columbia Adapted Recreation offers programs at Paquin Tower which may also be of interest.

Osher @ Mizzou

The Osher Winter Session begins Jan.19
Catalogs will be available and online at extension.missouri.edu/osher



February 2, 2016

Social Events for February!

Potluck and Bingo – Feb 5

1st Friday (from 11:30am-1pm)

Bring your dish to share at potluck. After cleanup, bingo for prizes begins. Enjoy the day with friends!

Karaoke Friday Night – Feb 5, 19

1st and 3rd Fridays (from 7-10pm)

Share fun and friendship as you sing or just listen to your favorite songs on 2 Friday nights each month. Bring your favorite snacks to share. For more information, contact Jon Harpert at 573-474-7181.

Requires Hillcrest membership or \$3 at the door

Jamm and Dance – Feb 12

2nd Friday (from 1-3 pm)

Enjoy an afternoon of music for your dancing and listening pleasure. The House Band welcomes you and your requests. Snacks are welcome to share at the break.

Potluck, Dance and Game Day – Feb 19

3rd Friday (from 11:30am-3:30pm)

Bring a dish to share and enjoy a great meal with friends followed by music and games all afternoon.
(Consider returning this evening for Karaoke Night!)



Osher Saturday Morning Book Talks

February 6

9:30 am Coffee and Pastries and a special 20 minute Sneak Preview of Columbia's First Ever 'Unbound Book Fest.'

10:00 am Book Talk begins:

February's featured author is Dr. Steven Watts as he presents his *Self-Help Messiah: Dale Carnegie and Success in Modern America*

Fee is \$3 at the door or \$20 (10-visit punch card) or Fall 2015/2016 Osher Member ID badge.



February 15, 2016

Daily Games:

Jigsaw puzzle,
board and other
games.

Is your card or
game group looking
for a special time or
place to gather?
Maybe we can help.

*Leap, and the
net will appear.*

- John Burroughs



Ongoing Monthly Events...

Monday / Thursday Painting Group:

Join our painting group as they use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors on Mondays 9am-noon and/or Thursdays 1-3:30pm.

Mah Jongg:

Due to Osher and other instruction classes, there are 3 days with Mah Jongg groups playing—Mon pm, Tues am, & Thu. If you are interested in joining a group or being a sub, please inquire at the front desk. Mah Jongg is great fun!

Tuesday Bingo:

Join us every Tuesday to play for practical prizes. Come early to socialize and meet new friends. Calling begins at 1pm.

Wednesday Coloring Group:

Drop-in between 9am-12noon to de-stress, socialize, and be creative. Bring your own supplies or try it out with our sample pages and crayons.

Thursday Dominoes:

Love to play Dominoes? Just want some laughter or company? You'll enjoy a friendly form of Mexican Train dominoes every Thursday starting promptly at 10am.

Music: These practice times may change. Please check with HCC front desk at 874-7475 --scheduled performances take priority over practices.

ALL GROUPS ARE BUSY RECRUITING NEW MEMBERS...
ARE YOU AVAILABLE?

Unified Bell Choir	Mon. Feb 22 : 3:15-4:15 PM Performance at Parkside Manor
Choir (Good Timers)	Tues. Feb 2: Practice 2-3 PM Tues. Feb 16: Ashland 9:45AM-3:30PM
Jammers	Wed. Feb 3,10,17,24 : 1-3 PM
Ukulele	Fri. Feb 26: Bus 1:15-4pm Performance at Provision Living

1st and 3rd Fridays are Karaoke Nights - 7-10 pm